

Week 2: October Unprocessed Meal Plan

By Camille Freeman, LDN * www.fertilitymeals.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fresh tomato and cheddar tart + fresh fruit	More fresh tomato and cheddar tart + fresh fruit	Olive oil & cacao granola with whole-milk yogurt and fresh fruit	Savory Oatmeal with fried egg	Olive oil & cacao granola with whole-milk yogurt and fresh fruit	Pumpkin soufflé with fresh fruit	Whole wheat blueberry pancakes with maple syrup and fresh fruit
Lunch	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Pesto Bean Soup
Dinner	Red Curry Lentils with Kale Salad	Honey Chicken Salad with Grapes and Feta (add baby spinach to the salad for more greenery)	Parmesan Pesto Tilapia with choice of steamed green veggie (or your choice of fish)	Black Beans with Mango Sauce and fresh salad	Lee's Lentil Veggie Soup with homemade whole wheat bread	Clean out the fridge night	Savory Stuffed Sweet Potato with White Beans and Kale
Snacks & Desserts	Homemade trail mix	Hummus and cut veggies	Mascarpone stuffed dates (add a bit of honey and/or greek yogurt to filling + sea salt)	Homemade "lara" bars	Homemade trail mix	Hummus and cut veggies	Braised pears with homemade whipped cream

